Gradual Participation Planning Tool

When School Feels Impossible • Editable resource for families and professionals in Wales

Start with safety and connection

This plan is for a child, family and school to adapt together. It is not a fixed six-week programme. Progress can be uneven, and a smaller step can be the right step.

What matters to the child

What does the child want to be different?

_____

What feels safe or manageable now?

_____

What would they prefer adults not to do?

People and adjustments

Named trusted adult: _____

_____

Family contact: _____

_____

Helpful arrival, sensory, communication or learning adjustments:

_____

_____

Our first manageable step

What will we try? _____

_____

When and where? _____

_____

What support will be available? _____

_____

How will we know it was manageable for the child?

If the step becomes too difficult

What signs tell us to pause or change the plan?

_____

How will adults respond calmly?

_____

What learning and connection can continue in the meantime?

Review together

Review date: _____

_____

What did the child think?

_____

What worked? What needs adjusting?

_____

Next small step, if appropriate: _____

Important

Any timetable or education arrangement must be agreed through the appropriate school and local authority processes. Where a child has an IDP, consider how the plan relates to their agreed provision. This tool does not replace individual professional advice.